



OPINION

Let's Have A Juicy Steak

Have you heard the latest? Fat in beef may lower cholesterol levels in the blood. That's right. Stearic acid, one of the saturated fats in beef, may actually lower cholesterol levels. That's what two doctors found in studies at the University of Texas' Southwestern Medical Center. This study clearly demonstrates that all saturated fats do not have the same ill effects. Beef has several types of cholesterol. But stearic acid offsets and counteracts the others. That's why you have the lowering effect.

Of course it's been known for some time, but not widely published, that stearic acid has been absolved of any contribution to coronary risk. It was known as early as 1957 that the cholesterol rising effects of eating beef were less

than might be expected based on the total amount of saturated fat in beef. Now we have this new research published this week in the *New England Journal of Medicine* to confirm that knowledge.

Even with this study, doctors don't want the dietary recommendations to be changed. Since the study was done under controlled conditions, they say the same findings may not be true in a typical high-cholesterol American diet. But we believe if you are healthy, you may want to reduce total calories in your diet, but you certainly don't need to eliminate beef to do that. In fact, beef may be better for you than many other foods. So let's go out and have a nice juicy steak for supper tonight (dinner, if you're from the city).



NOW IS THE TIME

By Jay Irwin
Lancaster County Agriculture Agent

For Haylage and Hay Making

Good quality forages can help farmers generate more cash income with little to no additional expenses. And, what farmer couldn't use that right now! Cows produce more milk and livestock gain more rapidly on higher quality forages. The need for purchased concentrates is also generally reduced. So, if you are growing forages, concentrate on improving forage quality and improving nutrient yield per acre.

Most important to quality is stage of maturity at time of harvest. For established stands of alfalfa, harvest the first cutting at the late bud stage, later cuttings can be harvested in the late bud to early bloom stage... about 35 to 42 days after the previous cutting. To enhance the vigor and longevity of the stand, at least one of the cuttings should be allowed to bloom. Similarly, the first cutting of a new seeding of alfalfa should be made in the early bloom stage.

Grasses should be cut in the boot stage of maturity, just as the heads are beginning to emerge.

To Be Aware Of Corn Insects

With the increased trend toward no-till corn planting or minimum tillage, we can expect more problems with corn insects. Past experience shows this. We urge corn growers to inspect their fields frequently to observe any feeding on small plants. You can have cutworms; stalk borers and armyworms at any time feeding on the corn plant. The Agronomy Guide lists several materials for the control of cutworms and armyworms, including Sevin, Lorsban, Furadan, Dylox or Dyfonate. The stalk borer is very difficult to control because they work inside the corn stalk.

Flea beetles are another insect that may feed on small corn leaves; they create small holes in the leaves but seldom do extensive

damage. Sevin can be used to eliminate these small insects, if it is serious enough. Keep an eye on the corn field for the first several weeks and avoid serious insect injury. Always follow label directions when using any pesticide.

To Continue Forage Feeding

Dairymen and beef cattle producers should continue to feed some dry matter while the animals are on pasture. The feeding of hay or silage, when the cattle are turned out to pasture will result in more uniform production. Also, keeping some dry matter in the ration will help prevent serious scouring and bloating.

Some producers provide this forage by way of a portable hay or feed bunk in the pasture area. The animals should consume some of the dry forage along with lush spring pasture. The hay should be

fed early in the day, before the herd goes to the new pasture. Later in the season the stored hay or silage will continue to be useful when growth slows down due to dry weather and high temperatures.

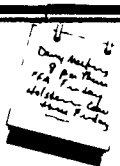
To Read The Label

I am sure you have heard this suggestion before, however, it is still very important to all farmers and gardeners.

Every pesticide carries a label with directions; this should be read and followed during the application of the material. Don't make the mistake of applying the material in error. The labels are required by law and should be respected by the user.

Serious losses may occur if the directions are not followed. Materials should always be kept in their original container and stored in a separate place under padlock.

Farm Calendar



Saturday, May 14

Christmas Tree Growers Short Course, Cook College, Brunswick, NJ. Contact 201-932-9271.

4-H Dairy Fitting & Showing Workshop, Smithdale Farm, Shippensburg.

Sunday, May 15

Home Garden Day at the Arboretum, Park System office, Rt. 31, 1 p.m. \$3 at the door.

Monday, May 16

PA Dairy Sanitarian & Laboratory Analysts Conference, J.O. Keller Conf. Ctr., PSU.

Northeast National Ag Marketing Officials annual meeting, Willow Valley Resort, through the 18th.

Wednesday, May 18

Atlantic Dairy Ag. leaders lunch, Harvest Drive, 12 noon.

Friday, May 20

Bradford Co. Dairy Fitting/Showing workshop, Mike & Stacy Huslander's farm on Berwick Turnpike Crossroad, 8 p.m.

Saturday, May 21

Spring Wine Festival, Tomasello Wineries, Atlantic Co. Md., noon until 5 p.m. Through the 22nd.

Thursday, May 26

Berks County Sheep and Wool Growers Annual meeting, 7:30 p.m., Berks Ag Center, Leesport.

FARM FORUM OUR READERS WRITE

Editor:

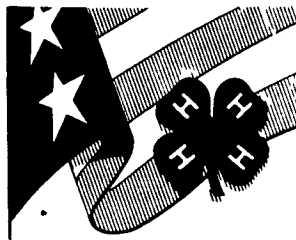
This letter refers to the article authored by a Carl E. Jarrett, retired Game Protector, in *Lancaster Farming*, Saturday, April 23, 1988, Sec. 4.

I was very dismayed at the philosophy espoused by the "game protector." Game protector?? I'm almost tempted to laugh -- if it wasn't so sad. Apparently, he would blast every red-tailed hawk, or other bird of prey, out of the blue sky so that the Bob White Quail would be restored to 100-year-ago numbers. Predation has always been an integral factor in national evolution. It is only since man

came on the scene -- with chain saws, guns, bulldozers, and plows, that the balance in nature has been precariously upset. Enough said.

I hope you can balance this destructive, 19th century philosophy regarding resource management with a more enlightened article by someone who has a more broadened view. I am frightened when I read something like Mr. Jarrett's article. I am glad he is retired, and presumably less of an authoritative voice regarding our wildlife. Thanks.

A. Reimer
Bethesda, MD



JOIN TODAY

Contact Your County Extension Office

Background Scripture: Hebrews 10:19 through 11:40.

Devotional Reading: Psalms 40:1-10.

During the past year, the church on whose staff I serve, First United Methodist Church of Dallas, Texas, has gone through a great and devastating tragedy that has rocked both the church and the community. If I had come across such a plot in a novel, I would have called it "bad fiction." But, unfortunately, it has not been fiction.

The news media have devoted enormous amounts of space and time to a series of events involving a member of our ministerial staff and his family. What the news media has consistently failed to report, however, is that the congregation has not only survived this tragedy, but is stronger in faith and love than ever before. In many ways, to paraphrase Winston Churchill's famous World War II remark, these days of tragedy have been our church's "finest hour"!

STIR UP ONE ANOTHER

It was out of this context, then, that I read those familiar words of the writer of the Epistle to the Hebrews: "let us consider how to stir up one another to love and good works" (10:24). In many ways, that's a description of the church when it is at its best: a mutual-stirring society. That's what it has meant to be a part of our church during the past year. After the initial shock and sorrow, our people have devoted time and effort in a stirring one another "to love and good works." And just about everyone has been part of that stirring process: clergy and laity alike have stirred each other

to new congregational and personal levels of faith. As never before the members of this church have felt a need for worship, prayer and congregational sharing. This has given new meaning to Hebrews' admonition: "... not neglecting to meet together, as is the habit of some, but encouraging one another..." (10:25).

We have also come to an enhanced understanding of faith. As a congregation we had been living pretty much by "sight," rather than by "faith." Ours was a strong (one of the strongest in Methodism) and growing church and we took satisfaction in what we could see of our prosperity. During the past twelve months, however, we have come to a fresh experience of the definition of faith which we find in Hebrews: "Now faith is the assurance of things hoped for, the conviction of things not seen" (11:1). Thus, we have learned once again what it means to live by "faith," instead of "sight."

THINGS NOT SEEN

What that faith means, as Hebrews 11 illustrates, is not an assurance that we will be spared pain, suffering or misfortune, but that regardless of what comes, God will be with us to ease the pain, make bearable the suffering, and help us survive the misfortune. It means doing in faith what we can and must do, leaving the end result to God. It means living confidently, even though the circumstances around us do not inspire confidence.

This was the kind of faith by which so many of the patriarchs lived: Enoch, Abraham, Sarah, Isaac, Jacob, Joseph, Moses and many more. This was not an easy "just believe" kind of faith. Much more than believing in something, this was a matter of trusting Someone and living by the power of that trust.

That's really what the church is meant to be, a mutual-stirring society that encourages the kind of faith resulting in love and good works. My prayer is that you may be similarly "stirred-up."

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